

**Unlimited
Group Fitness Pass**

Adult residents pay only \$220 to take any of the offered classes, any time they want for an entire year.*



NEW! Aqua Zumba

Thu, July 11-Aug 15 | 7:15-8:15pm | Water Park
Just add water and shake!

SESSION 1: June 3-July 14 SESSION 2: July 22-Aug 31 +AQUA FITNESS: July 9/11 - Aug 13/15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	8			X-Biking 8:30-9		X-Biking 8:30-9
	9	Fit Over 50 9-10	X-Biking 9:30-10	Fit Over 50 9-10		Triple Threat* 9:30-10:30 (Ends 7/20)
	10		+Aqua Aerobics 10:30-11:15 Tai Chi* 11-12	Yoga Lite 10:15-11	+Aqua Aerobics 10:30-11:15	
EVENING	4		X-Biking 4:30-5			
	5		X-Biking 5:30-6			
	6	X-Biking 5:45-6:30 Interval Sculpt 6-6:30 Hard Core 6:30-7	Cardio Blast 6-7	Triple Threat 6:15-7:15	Mega Mix 6-7	Zumba! 6-7
	7	Zumba! 7:15-8:15	NEW! Circuit! Circuit! 7:10-8:10	Piyo 7:15-8:15	+Aqua Zumba 7:15-8:15 Yoga 7:15-8:15	

*Tai Chi & Triple Threat are not included in the Unlimited Group Fitness Pass.
Triple Threat is \$3 for members, \$5 for non-members.



Child care available at
Deer Grove Leisure Center.
\$1 per child per visit.
6 mo. - 10 yrs.
Mon-Fri: 8:45-11:15am, 5:45-8:45pm